

**KINDV 1.3 Course Outline as of Fall 2018****CATALOG INFORMATION**

Dept and Nbr: KINDV 1.3 Title: ADVANCED WRESTLING

Full Title: Advanced Wrestling

Last Reviewed: 8/28/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	3.00		Contact DHR	52.50
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 73.3

**Catalog Description:**

A progressive course designed for the advanced wrestling student with an emphasis on advanced wrestling techniques. There will be an emphasis on increasing the student's level of fitness, history, vocabulary, and developmental aspects of competitive collegiate wrestling.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Completion of KINDV 1.1

**Limits on Enrollment:****Schedule of Classes Information:**

Description: A progressive course designed for the advanced wrestling student with an emphasis on advanced wrestling techniques. There will be an emphasis on increasing the student's level of fitness, history, vocabulary, and developmental aspects of competitive collegiate wrestling.

(Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Completion of KINDV 1.1

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 1982	Inactive:	Fall 2023
<b>UC Transfer:</b>	Transferable	Effective:	Spring 1982	Inactive:	Fall 2023

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Engage in wrestling competitions demonstrating advanced physical wrestling skills and strategies.
2. Apply the knowledge of rules, history, and vocabulary of advanced wrestling.

### **Objectives:**

Upon completion of this course students will be able to:

1. Demonstrate advanced skills of scholastic and freestyle wrestling relating to:
  - A. Coordination
  - B. Balance
  - C. Reaction
  - D. Muscular strength
  - E. Muscular and cardiovascular endurance
2. Develop advanced strategies and techniques for competitive wrestling.
3. Develop an advanced individual fitness regimen.
4. Apply practical and general knowledge of scholastic and freestyle wrestling.
5. Demonstrate an advanced understanding of scholastic and freestyle wrestling principles and scoring.

### **Topics and Scope:**

- I. Advanced scholastic wrestling techniques and strategies
  - A. Takedowns
  - B. Escapes
  - C. Throws
- II. Advanced freestyle wrestling techniques and strategies
  - A. Takedowns
  - B. Escapes

- C. Throws
- III. Advanced individual fundamental skills and conditioning
  - A. General wrestling skills
  - B. Advanced strength and endurance training
- IV. Rules and regulations of collegiate wrestling
  - A. Scholastic
  - B. Freestyle
- V. Scoring strategies
  - A. Scholastic
  - B. Freestyle

### Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments.

1. Online research
2. Written quizzes (2 - 4)
3. Participation in-class tournament
4. Leading warm-ups and cool-downs
5. Performance exams

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances and performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Written quizzes: multiple choice, and true/false

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Class tournament participation, leading warm-ups and cool-downs. in-class participation, and attendance

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

The Wrestling Drill Book. 2nd ed. Welker, William. Human Kinectics. 2013 (classic)

Dan Gable's Advanced Wrestling: On Your Feet Video on Demand. Gable, Dan. Human Kinetics. 2003 (classic)

Instructor prepared materials